

## ABSTRACT OF THE DISCLOSURE

A toner includes a resin and a colorant;  
wherein the toner is obtained by carrying out a step of  
salting-out/fusing resin particles and colorant particles  
in a water-base medium, the toner satisfying the  
following relationship:  $0.88 \leq F_{25}/F_{50} \leq 1.0$ , where  $F_{25}$   
represents an adhesive stress at a toner temperature of  
25 °C, and  $F_{50}$  represents an adhesive stress at a toner  
temperature of 50 °C.